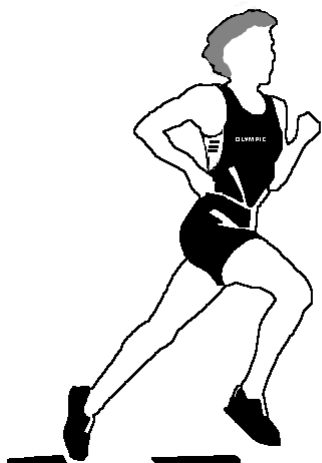




Olympic Harrier Club Inc



# 2013 CLUB SYLLABUS

*Running for all*

**Clubrooms:** Top Field, Alex Moore Park, Bannister Ave Johnsonville

**Postal:** PO Box 13-095 Johnsonville

**Website:** www.olympicharriers.org.nz

## APRIL

### 06 Introduction & Opening Day

For new and returning members  
1:45pm - Introduction to harriers  
2:00pm - Introductory pack run  
Venue: Clubrooms

### 09 Children's Open Day

For new and returning members  
4:15pm – primary/intermediate age  
4:50pm – secondary school age  
Venue: Tawa College main field

### 13 Club Day

Pack runs and walk  
Venue: Clubrooms  
**Also:** Athletics NZ Mountain Running Champs, Wainuiomata

### 20 Maiden & Perston Races

Club sealed handicap cross country races & walkers race  
Venue: Newlands College

**Afternoon Tea at the clubrooms (Please bring a plate to share)**

### 27 Shaw Baton Relay *(Olympic hosts)*

Inter-club cross country relays  
Venue: Battle Hill Regional Farm Park, Pauatahanui

## MAY

### 04 Club Day

Pack runs and walk  
Venue: Clubrooms

### 11 University Relays

Inter-club cross country relay race & chocolate walk  
Venue: QEII Park, McKay's Crossing

### 12 Masters Classic Relay

Venue: Trentham Memorial Park

### 18 Vosseler Shield

Interclub cross country races  
Venue: WHAC, Mt Victoria

### 19 Ekiden Walking Relay

Interclub relay  
Venue: CIT, Heretaunga

### 25 Club Day

Pack runs and walk  
Venue: Clubrooms

## JUNE

### 01 Hutt Valley Invitation Day

Pack runs & walks  
Venue: HVH Clubrooms (north east corner of Petone Rec, Udy Street)

### 08 Dorne Cup

Inter-club cross country races  
Venue: Trentham Memorial Park

### 15 Club Day

Pack runs and walk  
Venue: Clubrooms  
Walkers: 5k / 10k walking races  
Venue: CIT, Heretaunga  
**Also:** NZ Secondary Schools XC Champs, Christchurch

### 22 Club Day

Pack runs and walk  
Venue: Clubrooms

### 23 The Armstrong Motor Group Wellington Marathon, Half Marathon, 10K & Kids Magic Mile

Venue: Westpac Stadium  
**Also:** NZ & Wgtn Marathon Champs

### 29 Grand Memorial

Club cross country, open handicap races.  
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley.

**Afternoon Tea at the clubrooms (Please bring a plate to share)**

## JULY

### 06 North Island Cross Country Championships, Taupo

Club mid-winter trip Venue: Spa Park, Taupo Club dinner in Taupo

### 13 Club Day

Pack runs and walk  
Venue: Clubrooms

### 20 Athletics Wellington Cross Country Championships

Inter-club cross country races  
Venue: Waikanae  
Walkers: 5k / 10k walking races  
Venue: Mackays Crossing

### 21 Masters 8k Road Race

Road race & walk for registered Masters Athletes  
Venue: Olympic Clubrooms

### 27 Club Cross Country Champs

Club cross country races & walking race  
Venue: Onslow Pony Club, Boom Rock Rd, Ohariu Valley

**Afternoon Tea at the clubrooms (Please bring a plate to share)**

## AUGUST

- 03 Club Day**  
Pack runs and walk  
Venue: Clubrooms  
**Also:** Athletics NZ XC Champs, Hamilton
- 10 Bays Relay**  
Interclub road relay races  
Venue: Start Island Bay; Finish Evans Bay Marina
- 17 Athletics Wellington Road Championships**  
(Incorporates Club Road Championships)  
Interclub road running and walking races. Venue: Wainuiomata
- 24 Club Day**  
Pack runs and walk  
Venue: Clubrooms
- 31 Club Day**  
Pack runs & walk  
Venue: Clubrooms  
**Also:** Athletics NZ Road Champs, Dunedin

## SEPTEMBER

- 07 Philp Shield**  
Club teams race  
Venue: Clubrooms

**Afternoon Tea at the clubrooms  
(Please bring a plate to share)**

- 14 Club Day**  
Pack runs & walk  
Venue: Clubrooms
- 15 Pelorus Half Marathon & 10k**  
Venue: Petone  
**Also:** Wgtn Half Marathon Champs

- 21 Perston Baton Relay**  
12.30pm Club relay & walk  
Venue: Karori Park

- 28 Club Day**  
Pack runs & walk  
Venue: Clubrooms

## OCTOBER

- 05 Athletics NZ Road Relay Championships**  
Interclub road relay races  
Venue: Takahe to Akaroa  
**Also:** Pack runs and walk from clubrooms

- 12 Club Day**  
Pack runs & walk  
Venue: Clubrooms

- 19 Final Club Day & Prize-giving**  
2.15pm Pack run/children's activities  
3.15pm Junior's party  
4.00pm Prize giving  
Venue: TBC  
8.00pm Club dinner. Venue tbc

## NOVEMBER

- 03 Masters 10k Road Race**  
Road race for registered Masters Athletes  
Venue: Lower Hutt

- 06 Olympic Harrier Club Annual General Meeting**  
Followed by social event  
Venue: Clubrooms 7.30pm

## CLUB COACHING

**Primary, intermediate, college and U20s**  
Organised coaching/training sessions are held on Tuesdays at Alex Moore Park. If grounds are closed then these sessions are moved to Aotea Lagoon in Porirua. Timings are:  
4.15pm Primary/Intermediate age  
4:50-5:45pm Secondary & U20s  
**[NOTE: these sessions will be held at Tawa College in Term 1. We will move them to Alex Moore Park from beginning of Term 2 (Tuesday 7 May) unless advised otherwise]**

On Thursdays, hill training sessions are held at Grenada North Park from 4:20-5:00pm for ages 10 & older. Meet at soccer carpark off Nassau St, Grenada North, Tawa

### Seniors & Masters

Organised coaching/training sessions are held on Tuesdays at Alex Moore Park at 6pm

For more information contact Jo Murray on 021 9761116 or at coaching@olympicharriers.org.nz

Long Slow Distance training pack runs organised at 8am every Sunday during the season.

### AGE GRADE QUALIFICATION

Age as at 31 December 2013 for all grades except Masters.

Masters – age on day of event  
Masters Women 35+  
Masters Men 40+

### START TIMES

The club meets every Saturday afternoon during the season, 6 April to 19 October at 1.45pm, at the Clubrooms, unless otherwise indicated. Interclub times are announced close to the event.

### SOCIAL ACTIVITIES

All members are welcome to stay on after pack runs, or return to the clubrooms after away events, for a social hour or two. Refreshments are available, catering for all ages. 'Social Events' will be held throughout the season, details will be in the Wednesday bulletin.

## CLUB CONTACTS

<b>President</b>	Mark Handley 938 9073
<b>Secretary</b>	Geraldine Smith 976 0160
<b>Treasurer</b>	Denise Pilcher 972 4060
<b>Club Captain</b>	Juan McDonald 232 6063
<b>Deputy Club Captain</b>	Rob McCrudden 232 6377
<b>Uniforms</b>	Andrea Adams 479 4301
<b>Junior T&amp;F &amp; Coaching</b>	Jo Murray 232 9409
<b>Communications/ Membership</b>	Malcolm Standrill 934 0008

## SUBSCRIPTIONS

**(Can be paid throughout April)**

(1 April 2013 to 31 March 2014)

Member	Grade	Fee
Seniors 20+	SM & SW	\$150
Masters (M40+ & W35+)	MM & MW	\$150
Adult Student (full time)	All Grades	\$95
Junior Men & Women	JM/JW (19 & under)	\$95
Junior Boys & Girls	B/G (14 & under)	\$70
Registered Walker	All Grades	\$95
Associate Members	ANZ Reg with another club	\$50
Supporter Member	Non-competing	\$50

(for families living at the same address)  
2 members 10%  
3 members 20%  
4 or more members 25%

**Note:** family discounts exclude associate and supporter membership

While all information was correct at time of printing subsequent changes may be necessary. Club members will be notified of any changes via the Wednesday Bulletin e-mail and the website.

[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)